



BODY BEAUTIFUL

Get ready for summer with *The Body Coach's* top tips for training and diet success

Joe Wicks, 29, aka The Body Coach, is the internet sensation famous for transforming his clients' bodies in weeks and posting the compelling before-and-after pictures on his upbeat Instagram feed. Here, he spells out his top five rules in his mission to get the world fit and lean.

1. Exercise doesn't have to be complicated.

A simple way to get results is to do short, intense, repetitive bursts of activity that will burn fat during the workout and for hours afterwards. For example, sprint up a hill, walk back down, then sprint up again.

Repeat for 20 minutes. Combine this with 20 minutes of muscle-building exercises that focus on groups of muscles, such as squats, tricep dips and pull-ups. Ideally, do this combo four to five times a week.

2. Learn how to fuel your body. Most people who are trying to shape up cut calories too quickly or eliminate fats that are essential to aiding metabolism and



helping burn body fat. As a rule of thumb, aim to eat more carbs (with protein) on training days and less carbs on rest days, when you should prioritise proteins and healthy fats such as avocado, coconut oil and a bit of dairy instead.

3. Take control of your food intake.

Prep your meals for the next three or four days; that way, you're less likely to eat things that throw you off track. I recommend three big meals and two snacks per day.

4. Don't get stuck in an exercise rut.

Progression is key, so gradually increase your weights over time. Taking a 'before' photo and another after a month of working out and eating well will reveal the real changes that have taken place in your body.

5. Don't worry if you fall off your healthy-eating wagon. Just get right back on and you can make it happen!

*The Body Coach's 90 Day Shift, Shape & Sustain programme is available for £147 from thebodycoach.co.uk. Edition readers can get a £15 discount by entering the code JOHNLEWIS15 upon payment.**

the gear

shape up in style

Brighten your workout with this vibrant kit



Team bag, £33, Adidas

Leggings, £80, Human Performance Engineering

Swimsuit, £33, Speedo

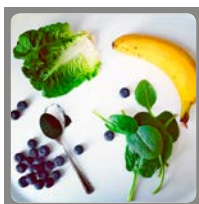
Trainers, £80, Nike

Sports bra, £18, Under Armour

How do you live better?



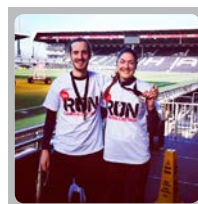
@lewis.gaskin Training at the velodrome



@taralondon Starting the day with a smoothie



@plumella Bristol mothers' running group



@jessicapeters 10k morning run finished

fyi

Discover fitness and wellbeing advice and videos at johnlewis.com/jllivebetter

*NOT VALID ON THE DIRECT DEBIT OPTION. CONSULT YOUR DOCTOR BEFORE BEGINNING A NEW EXERCISE REGIME